



Irresistible Pecan Pie

 Vegetarian

READY IN



115 min.

SERVINGS



8

CALORIES



514 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons butter melted
- ☐ 0.8 cup plus light
- ☐ 2 tablespoons plus dark
- ☐ 3 eggs beaten
- ☐ 1.5 cups flour all-purpose
- ☐ 4 tablespoons ice water
- ☐ 0.8 cup brown sugar light
- ☐ 1 cup pecan halves

- ☐ 1 cup pecans quartered
- ☐ 1 pinch salt
- ☐ 2 tablespoons sugar white

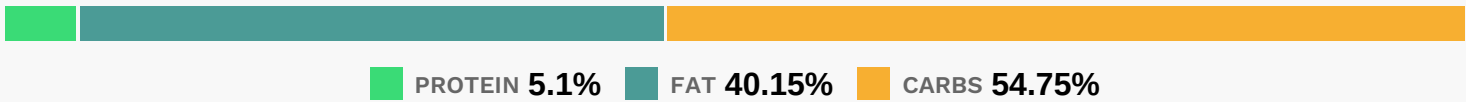
Equipment

- ☐ bowl
- ☐ oven
- ☐ rolling pin
- ☐ pie form

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ To Make Crust: In a medium bowl, combine flour, salt and white sugar.
- ☐ Cut butter into flour mixture until it resembles coarse crumbs. Gradually sprinkle the water over the dry mixture, stirring until dough comes together enough to form a ball.
- ☐ On a floured surface flatten dough ball with rolling pin.
- ☐ Roll out into a circle that is one inch larger than pie dish.
- ☐ Place pie shell into dish and refrigerate until pie filling is complete.
- ☐ To Make Pie Filling: In a medium bowl, mix together eggs, light and dark corn syrups, brown sugar, butter, salt and finely crushed pecans.
- ☐ Spread quartered pecans over bottom of refrigerated pie crust.
- ☐ Pour syrup mixture over top of pecans, then arrange pecan halves on top of pie.
- ☐ Bake in a preheated 350 degrees F (175 degrees C) oven for one hour or until firm; let cool for one hour before serving.

Nutrition Facts



Properties

Glycemic Index:40.51, Glycemic Load:23.65, Inflammation Score:-4, Nutrition Score:11.284782569046%

Flavonoids

Cyanidin: 2.66mg, Cyanidin: 2.66mg, Cyanidin: 2.66mg, Cyanidin: 2.66mg Delphinidin: 1.8mg, Delphinidin: 1.8mg, Delphinidin: 1.8mg, Delphinidin: 1.8mg Catechin: 1.79mg, Catechin: 1.79mg, Catechin: 1.79mg, Catechin: 1.79mg Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Epigallocatechin 3–gallate: 0.57mg, Epigallocatechin 3–gallate: 0.57mg, Epigallocatechin 3–gallate: 0.57mg, Epigallocatechin 3–gallate: 0.57mg

Nutrients (% of daily need)

Calories: 513.7kcal (25.68%), Fat: 23.95g (36.85%), Saturated Fat: 4.78g (29.88%), Carbohydrates: 73.49g (24.5%), Net Carbohydrates: 70.48g (25.63%), Sugar: 52.93g (58.81%), Cholesterol: 72.67mg (24.22%), Sodium: 97.03mg (4.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.84g (13.68%), Manganese: 1.3mg (64.85%), Vitamin B1: 0.37mg (24.91%), Selenium: 14.65µg (20.93%), Copper: 0.36mg (17.83%), Folate: 56.45µg (14.11%), Vitamin B2: 0.23mg (13.31%), Phosphorus: 129.23mg (12.92%), Iron: 2.17mg (12.07%), Fiber: 3.01g (12.04%), Zinc: 1.65mg (11.02%), Magnesium: 39.88mg (9.97%), Vitamin B3: 1.71mg (8.56%), Vitamin B5: 0.6mg (6.03%), Calcium: 53.86mg (5.39%), Potassium: 180.82mg (5.17%), Vitamin B6: 0.1mg (4.97%), Vitamin A: 234.16IU (4.68%), Vitamin E: 0.66mg (4.37%), Vitamin B12: 0.16µg (2.6%), Vitamin D: 0.33µg (2.2%), Vitamin K: 1.35µg (1.29%)